



# Drug Demand Reduction Quarterly Newsletter

## Special points of interest:

The drug testing program is the single best deterrent against illegal drug use among Active Duty and Civilian members of the military. In addition to drug testing, our program provides outreach services to: family members, retirees, school-aged children, and Active Duty members. Our program is available for Commander's Calls and community events both on and off base. DDR has an open door policy, please stop by any time.



**Drug Demand  
Reduction Program**  
481-5998

**Located in the MDG,  
Bldg 46, RM 1375**

**Program Manager**  
Mrs. Donna Butte

**Admin. Manager &  
Outreach Services**  
Mrs. Katie Adkins



Donna Butte and Katie Adkins provided drug awareness and prescription drug poison prevention information at the Retiree Appreciation Event on 14 May 2010

## MEDICAL MYSTERY CAMP 16 JUNE 2010

DDR collaborated with Cameron University, JCMH, Southwest Area Health Education Center, and WOSC to educate local high school students about medical careers.

The students observed a mock emergency alcohol poisoning scenario facilitated by 97th MDG Medics. The students toured the clinic and were able to speak with medics about their career fields.

Due to the "patient" expiring during the scenario, the students learned about the stages of grief and the mental health career field.

DDR closed the event with a game of Alcohol Prevention Bingo.



**Ms. Darla Brooks speaks to  
Medical Mystery students  
about the radiology field.**

## Air Force Guidance Memo to AFI 44-121, *Alcohol and Drug Abuse Preven- tion and Treatment (ADAPT) Program*

### Excerpt from 9 June 2010 Memo

The changes set forth in this Guidance Memorandum are effective immediately:

"the knowing use of any intoxicating substance, other than the lawful use of alcohol or tobacco products, that is inhaled, injected, consumed, or introduced into the body in any manner to alter mood or function is prohibited."

These substances include, but are not limited to, controlled substance analogues (e.g., designer drugs such as "spice" that are not otherwise controlled substances); inhalants, propellants, solvents, household chemicals, and other substances used for "huffing"; prescription or over-the-counter medications when used in a manner contrary to their intended medical purpose or in excess of the prescribed dosage; and naturally occurring intoxicating substances (e.g., Salvia divinorum).

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For more information on DDR's program and drug and alcohol prevention, visit our webpage on the main Altus AFB website. Our link is on the right side of the Altus AFB Homepage.

## Upcoming Events

**8 July** Information Booth at Youth Bowling Party

**9 July** Drug Prevention Games at Youth Center Decade Dance

**12 July** Anti-Bullying Course at the Youth Center

**14 July** Jackson County Community Health Action Team Meeting

**21 July** Jackson County Tobacco Education Committee

**21 July** Hands on Science at the Youth Center: The Amazing Brain

**22 July** DDR staff reading at Base Library Story time

**28 July** Hands on Science at the Youth Center: Effects of Drugs on the Brain



Event Date: 12 July 2010, 1030 @ the Youth Center. Please call Katie Seeber at the Base Library for more information.

## "Voyage to Book Island" and the Drug Demand Reduction Program Present an Anti- Bullying Course for Youth.

This event will be facilitated by the Wilcoxon Family Academy and was made possible with the assistance of Altus AFB's Sexual Assault Response Program.

### WHAT IS BULLYING?

Bullying involves repeated acts of physical, emotional, or social behavior that are intentional, controlling, and hurtful. Bullying is a learned behavior, evident as early as two years of age.

Bullying can be either direct or indirect. Direct bullying usually is seen and felt readily. Indirect bullying (deliberate exclusion, name calling, etc.) is much more difficult to identify, often is more difficult to remedy, and should be clearly seen as different from direct bullying.

Boys are more typically engaged in direct bullying and girls in indirect bullying, but that is not always the case.

### Why Should Adults Care About Bullying?

**EVERY DAY** in our schools and communities, children are teased, threatened, or tormented by bullies.

Bullying is a problem that creates a climate of fear, that affects the whole school, and in some cases, the entire community.

When we fail to recognize and stop bullying behavior as it occurs, we actually promote violence. We are saying to the bully, "You have the right to hurt people," and to the victim, "You are not worth protecting."

Safe schools are everyone's responsibility and everyone can help keep our schools safe. (SAMHSA, 2003)

- Bullying interferes with learning in school and may lead to increased absenteeism and dropout rates.
- Students feel less safe and less satisfied in school when there are high levels of bullying in the school.
- Bullying children may become bullying adults and are more likely to become child and spouse abusers.
- The longer bullying lasts, the harder it is to change. Bullies identified by age 8 are six times more likely to have a criminal conviction by age 24.
- Bullying may be linked to other delinquent, criminal and gang activities, such as shoplifting, **drug abuse**, and vandalism.
- The targets of bullies grow socially insecure and anxious with decreased self-esteem and increased depression rates, even into adulthood

For More Information, visit  
[www.samsha.gov](http://www.samsha.gov)

or

[www.stopbullyingnow.com](http://www.stopbullyingnow.com)



#### Prevent your child from becoming a BULLY:

- Present yourself as a model of non-violent behavior.
- Clearly state that violence is not acceptable.
- Assist your child in finding non-violent strategies for anger management and conflict resolution.
- Seek help from mental health/school counselors to help stop bullying and aggressive behavior.

#### Prevent your child from becoming a VICTIM:

- Instill self-confidence in your child.
- Help your child establish good social skills.
- Teach your child to speak out for him or herself.
- Teach your child to seek help from caring adults.